Sports pg 9

Juniors go for gold tonight vs. U.S.

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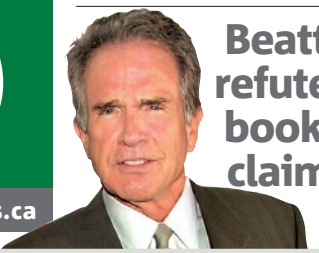
Celebrity pg 14

Beatty refutes book's claims



B.C. mom fought cougar with towel

ATTACK Officials yesterday credited a quick-thinking northern B.C. mom for chasing off a cougar that mauled her seven-year-old son on a toboggan hill.

David Metzler Jr. was playing with his sister near Danskin — south of Burns Lake — when he was attacked on Thursday.

His mom came to the rescue with a towel, which she used to hit the animal over the head. Authorities later killed the cat.

The boy was treated in hospital.

Metzler is one of two boys to be attacked by a cougar in a week. On Saturday, an 11-year-old was attacked in Boston Bar and was saved by his dog, which fought off the large cat. METRO VANCOUVER

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

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Martin on PM's prorogation

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Weighing your options

Food pg 12

Popeye's fave gets steamed

On the web

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Olympics **Goin' for the gold**

GETTY IMAGES/CHRISTINE NESBITT/JASPER JUINEN

Despite having hosted two Olympic Games, Canadian athletes have yet to win gold on home soil. That's likely to change in Vancouver when these five athletes take on the world. Clockwise from top left, Jasey-Jay Anderson, Hayley Wickenheiser, Charles Hamelin, Maëlle Ricker, and Christine Nesbitt, centre. **Beginning today, Metro will be providing daily coverage leading up to the 2010 Winter Olympics in Vancouver. Story, page 10.**

U.S. HIV/AIDS travel ban officially lifted

22-yr-old law often had severe fallout for many with diagnosis

KRISTEN THOMPSON
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In the 17 years since he was diagnosed with HIV, David Swan had to hide his disease from border guards because of a little-known law forbidding people with the virus from entering the United States.

Yesterday, the Vancouverite and all other non-Americans with HIV/AIDS won part of their battle for equality and compassion when the U.S. officially lifted its 22-year ban.

"It's a huge relief," said Swan, executive director at AIDS Vancouver, who concealed the fact he was positive from border guards by hiding his medication in non-labelled bottles.

"There was the fear that you could be found out," he said. "It (perpetuated) the sense that we had to hide. It made you feel oddly dirty even though you're not."

When the law was put in place in 1987, little was known about HIV/AIDS and the prevailing logic was that if infected people were kept out of the country, it would curb the spread of the disease.

Swan said it's "outrageous" that — given how much is now known about the disease — it took this long to lift the ban.

"The discrimination (was) enforced by a country that's supposed to be enlightened and understanding. It was simply ignorance."

2012 conference

- Having the travel ban lifted clears the way for an international AIDS conference that is scheduled to take place in 2012 in Washington D.C.

Glyn Townson, who was diagnosed with AIDS in 1995 and is chair of the board of directors at the B.C. Persons With AIDS Society, said he's "cautiously optimistic" the new law will be properly enforced.

"We had a member who is a dual citizen who, on Jan. 2, went to the Huntington border crossing and the border guard said, 'We have nothing in the manual to say (the law has) changed,'" said Townson.

He said the fallout of the ban is that families have been kept apart and peoples' career options limited.

Others wound up with criminal records because they were caught lying about being positive — or simply didn't know about the law — and are now permanently banned from the States.

What will happen to the latter group has yet to be determined.

"This is a very positive move," said Townson. "But what that is really going to look (like) down the road, we have yet to see."

ShareYourViews
vancouverletters@metronews.ca

New shelter faced with language needs

JEFF HODSON
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MOUNT PLEASANT A third of residents at a newly opened emergency homeless shelter in Mount Pleasant are Francophone, prompting signs and regulations to be posted in both languages.

Tanniar Leba, executive director of La Boussole, a nearby Francophone community centre, said his organization offers French-speaking homeless people employment and social services, including referrals to shelters.

"We're very happy about it," Leba said. "But it's a short-term initiative and addresses the issue in a short-term way."

On opening day, the shelter was 60 per cent Francophone, he said.

The shelter, the first of four the city plans to open within the next couple weeks, was filled to its 40-person capacity by its second night after opening its doors on Dec. 22.

Sean Spear, director of support services for RainCity Housing, the non-profit organization that runs the shelter, said the organization has hired a couple of bilingual employees.

The 2008 homeless count found that Francophones accounted for about eight per cent of the more than 2,600 homeless in the Lower Mainland. By comparison, the French-speaking population in the region is only 1.2 per cent.

Most of those homeless come from Eastern Canada, Leba said, moving West for a variety of opportunities, including tree planting and fruit picking.

Leba said the economic reality in B.C. is tough for Francophones — many are on welfare, rents are high, jobs are scarce and language is a barrier.

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Local

Pride House secures sculpture

A bronze sculpture of a shirtless hockey player, Slapshotolus, has been secured for Pride House, a gay-friendly venue that will be open during the Olympics and Paralympics in Whistler. Slapshotolus, left, was created by Edmund Haakonson. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

SENTENCED A 66-year-old man who says he sold marijuana around Tofino to socialize with others and gave partial profits to Roman Catholic nuns won't be going to jail. Instead, a judge has ordered Matthew Williams to complete a six-month conditional sentence.

THE CANADIAN PRESS

DEATH A woman was hit by an empty bus turning left on a green light on East Hastings street yesterday morning. She's Vancouver's first traffic-related fatality of 2010.

ANGEL A dog that saved her 11-year-old owner from a cougar was at a Chilliwack animal hospital in Boston Bar yesterday. Angel had puncture wounds to her head and back leg, a small indentation to her skull, and scrapes and bruises.

LOTTO The buyer of a Lotto 6-49 ticket in Langley in December could be $7 million richer — providing they come forward and claim the prize.

METRO NEWS SERVICES

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Victoria **Soldier mourned**

DARRYL DYCK/THE CANADIAN PRESS

A military procession escorts Lt. Andrew Nuttall's casket to funeral services in Victoria yesterday. Nuttall, a member of the Edmonton-based 1st Battalion, Princess Patricia's Canadian Light Infantry, was killed by an improvised explosive device on Dec. 23 in Kandahar, Afghanistan.

Man sues ex, claims she taped sex acts without his knowledge

LAWSUIT A West Vancouver businessman is suing his former lover after discovering she videotaped their sex acts and showed them to her ex-husband.

In a B.C. Supreme Court lawsuit, the man known only as CPG claims he had no idea he was being videotaped.

CPG claims he later learned that while his girlfriend was married, she would tape sex acts with other men and allow her husband to watch them.

"On some occasions, the husband, to the knowledge of the defendant, would assault such men following his viewing of the intimate acts," said the statement of claim.

The lawsuit, filed last week, also claims the relationship ended in August 2001 when the woman's ex-husband brutally assaulted CPG in his own home.

CPG claims that had the woman — who's a schoolteacher — warned him about her videotaping habit, he wouldn't have entered into the relationship.

None of the claims have been proven in court. A statement of defence had not yet been filed.

THE CANADIAN PRESS

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Cop charged with assault

Man alleges officer struck him with baton last summer

JEFF HODSON
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A veteran Vancouver police officer was charged yesterday for allegedly striking a man in the chest with his baton while breaking up a fight last summer.

Sgt. Darcy Taylor, a 20-year member of the Vancouver Police Department, was charged in provincial court yesterday with one count of assault with a weapon.

"The role of a police officer carries with it many risks, some inherent, some avoidable," said Insp. Mario Giardini, head of VPD's professional standards section.

"When an officer, during the course of his duty, is accused of actions that in retrospect may be deemed avoidable, it can in some cases lead to charges under the Criminal Code."

The charge follows an investigation by VPD's professional standards section. There is also an ongoing parallel investigation by the Office of the Police Complaints Commissioner (OPCC).

According to Giardini, the alleged assault occurred in the early morning of Aug. 23 after Taylor was called to break up a fight in the 2200 block of West Broadway.

A man in his 20s filed a complaint with the OPCC in September, alleging Taylor had struck him with his baton and knocked him to the ground. He was uninjured.

Job anxiety highest in B.C., RBC report finds

OUTLOOK B.C. residents have the highest job anxiety in the country, a report by RBC revealed yesterday.

The quarterly RBC Canadian Consumer Outlook index found that 29 per cent of British Columbians are worried about their jobs, eight per cent above the national average.

B.C. residents also have the grimmest assessment of the current national economy and are among the most likely to say that their personal financial situation has gotten worse over the past three months. METRO VANCOUVER

Ontario, Michigan fight Illinois over Asian carp expansion
Ontario has filed a motion supporting the state of Michigan's legal fight against Illinois in their alleged failure to control the spread of the voracious Asian carp. Michigan wants Illinois to close the Chicago shipping locks to prevent a potential ecological disaster if the fish spread into the Great Lakes. TORSTAR NEWS SERVICE

Canada

Murrin plans another lawsuit

Shannon Murrin, left, says he will use some of the money he was awarded in an out-of-court settlement with the RCMP to take legal action against another police agency, the Royal Newfoundland Constabulary, CBC News Online reports. Murrin recently settled a lawsuit in British Columbia in which he claimed a former RCMP officer had him beaten to get a murder confession out of him in connection with the death of Mindy Tran. METRO NEWS SERVICES

Obama wary of Tories in '08 run: Book

NAFTA Barack Obama's presidential campaign suspected "dirty tricks" by Prime Minister Stephen Harper's Conservative government during the 2008 NAFTA-gate controversy, a new book alleges.

David Plouffe, Obama's campaign manager, is critical of Harper's administration for its role in a damaging affair that "caused us to limp, if not bleed" into the March 4, 2008 Ohio primary. Despite winning one of the most improbable victories in U.S. presidential history, NAFTA-gate — colourfully described as a "s— sandwich" — remains a sore point with Plouffe.

Ottawa has yet to comment on the charges in Plouffe's book.

TORSTAR NEWS SERVICE

Pair defect from Stelmach

Two Alberta MLAs leave ruling Tories for Wildrose Alliance

Historic cracks have appeared in Alberta's Tory political dynasty.

For the first time in the party's 38 consecutive years in power, two Progressive Conservatives have willingly crossed the floor — to join the upstart Wildrose Alliance.

The two are former cabinet minister Heather Forsyth from Calgary and backbencher Rob Anderson, who represents the Airdrie-Chestermere constituency north and east of the city.

The move is a boon for the fledgling right-wing Wildrose, which had only one seat in the legislature, but has been polling ahead of Premier Ed Stelmach and his massive Tory majority in recent weeks.

JEFF MCINTOSH/THE CANADIAN PRESS

Wildrose Alliance Leader Danielle Smith, left, looks to her two new colleagues at a news conference by former Conservative party MLAs Heather Forsyth, right, and Rob Anderson after the two announced their defections from the Alberta Conservative party to the Wildrose Alliance in Calgary, yesterday.

"It's clearly a decision being made on principle," said Danielle Smith, the charismatic and telegenic Wildrose leader, whose profile has pushed the party to the forefront of the Alberta political scene.

"Let me be blunt. For any PC to abandon the perks, the prestige and the security from a governing caucus of 70 to join a caucus of one in a party that is still not quite two years old, well, that would require a level of courage and commitment to principle that is rarely seen in politics."

Forsyth, former solicitor general and minister of children's services, has been at odds with the premier since he dumped her from cabinet after the last provincial election in 2008.

Anderson was only elected in 2008, but was considered an up-and-comer by many in the Conservative party.

He said he was tired of not having his views heard.

THE CANADIAN PRESS

Controversial bylaw call delayed

NOVA SCOTIA Town councillors in a small Nova Scotia town are postponing for a month a decision on a proposed bylaw that has caused concern for gay rights activists.

The decision to delay a decision on moving a park gate Truro's mayor says is a gay pickup spot was taken after a public hearing today.

Mayor Bill Mills wants the pedestrian entrance of the town's major green space — Victoria Park — moved to a less secluded area. THE CANADIAN PRESS

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Recent reforms mean proroguing Parliament won't kill a bill to scrap the gun registry, or much else. Scan this barcode for the full article.

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ESL Homefront learning – volunteer tutoring Thursday, Jan. 7, 1:30 p.m. – room 1227	Broadway
Culinary Arts Friday, Jan. 8, 9:30 a.m. – room 305B	Downtown
Paralegal Saturday, Jan. 9, 12 p.m. – room 203	Downtown
Nursing Monday, Jan. 11, 6:30 p.m. – room 420	Downtown

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Broadway campus is located at 1155 East Broadway.

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Kenyan police: Suspect in cartoonist case was on watch list
Kenyan authorities say they had arrested a man now charged with attempting to kill a Danish cartoonist earlier this year, adding he was on a terror watch list. THE ASSOCIATED PRESS

World

Government website hacked

An unidentified hacker briefly hijacked Spain's official website for its presidency of the European Union, inserting a large smiling picture of comic character Mr. Bean, left. The supposed resemblance of the bumbling slapstick character played by British actor Rowan Atkinson to Spain's Socialist Prime Minister Jose Luis Rodriguez Zapatero has been a running joke in Spain for years. THE ASSOCIATED PRESS

News in brief

MALAYSIA Fifty-two unmarried Muslim couples face charges of sexual misconduct and possible jail terms after being caught alone in hotel rooms by Malaysia's Islamic morality police during a New Year's Day crackdown, an official said yesterday. "We chose to have this operation ... because many people are known to commit this offence while celebrating such a major holiday," authorities said. The charge carries a maximum penalty of two years in prison. The Shariah laws apply only to Malaysia's Muslims.

PACIFIC OCEAN Authorities flew over remote coastlines in the Solomon Islands yesterday trying to assess the damage from a large earthquake and tsunami that crashed ashore a day earlier, devastating a village. No injuries were reported some 24 hours after the biggest of a series of quakes churned a tsunami wave that was up to three metres high. THE ASSOCIATED PRESS

Security remains the same at some airports

On the first day of what was supposed to be tighter screening ordered by the U.S. for airline passengers from certain countries, some airports around the world have conceded they had not cracked down.

The U.S. demanded more careful screening for people who are citizens of, or are flying from, 14 nations deemed security risks. But enforcement of the American rules appeared spotty yesterday.

"Everything is the same. There is no extra security," said an aviation official in Lebanon, one of the countries on the list. The official spoke on condition of anonymity because he was not authorized to speak publicly.

The administration of President Barack Obama ordered the changes after what authorities say was a failed attempt by a Nigerian man to blow up a jetliner bound from Amsterdam to Detroit on Christmas Day.

The U.S. Transportation Security Administration said the enhanced screening techniques would include full-body pat-downs, searches of carryon bags, full-body scanning and explosive-detection technology.

In Nigeria, one of the nations on the U.S. list for additional security, there were long lines on the first day of the new rules. At the airport in the capital of Lagos, Mine Oniovosa, a 24-year-old student, said she had been told to show up more than seven hours ahead of time for a flight to Atlanta.

But at international airports in Lebanon, Syria and Libya, all on the list, there were no visible changes in screening. THE ASSOCIATED PRESS

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SCANLIFE
New decade, old fears as frequent travellers resign themselves to tight security and random searches. Scan this barcode for the full article.

South Korea **Socked by snow**

JEE JIN-MAN/THE ASSOCIATED PRESS

People shovel away snow in front of Duksu Palace in Seoul yesterday. South Koreans slogged through the heaviest snowfall in 70 years after a winter storm dumped more than 28 centimetres, forcing airports to cancel flights and paralyzing traffic in the capital.

News in brief

WASHINGTON U.S. Secretary of State Hillary Rodham Clinton said yesterday that internal unrest and a surge in al-Qaida activity in Yemen pose a global threat that is being met by U.S. support for the Yemeni government's efforts to fight extremists. Clinton said the situation in Yemen created risks that extended far beyond its region. THE ASSOCIATED PRESS

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Comment

Latest gambit may backfire on Harper

NationalReport

Having shown the effrontery to prorogue Parliament once again, the speculation now is that Prime Minister Stephen Harper, our supreme ruler, will take things a step further and force an election this spring.

Don't bet on that one. We won't know for sure until some polls come in, but there are indications the prorogue gambit is backfiring on him. The reaction has been demonstrably negative. Media comment boards have lit up in protest. The Globe and Mail went to the unusual extent of running a front-page editorial. Conservative newspapers, normally in the prime minister's stable, have condemned the move. The Facebook group, Canadians Against Proroguing Parliament, already has 15,000 signed up.

It's become a question of how many times the people will let a leader bend a democratic system to his will before they fight back. If the prime minister doesn't take a hit in the polls on this, he will feel the sting in other ways. The opposition to his methods is hardening. People are angry. When they get angry, they mobilize.

This prorogation story, which comes on top of his defying the will of Parliament by refusing to turn over documents on the Afghan detainees affair, is different from some of the other abuse-of-power stories. This one has legs. Every day Parliament's doors remain closed will serve as a bother as a reminder of what the supreme ruler did.

In such circumstances it's hard to see his support numbers going up enough in the next couple months for him to risk an election. Despite facing weak opposition leaders, Harper has been unable to move his support level above the 40 per cent mark. Pollsters will tell you one of the reasons for the failure is his manipulative ruling style — the cold dictatorial edge. Prorogation has only served to reinforce that negative.

Harper didn't even bother to visit the Governor General to ask for prorogation this time. He simply phoned over, then had his press secretary announce it the day before New Year's Eve when the Olympic hockey team was being named and the PM's team felt that few would be paying attention.

The arrogance, the chutzpah is remarkable. Having dismissed Parliament in a hugely controversial move last year and having gotten away with it, Harper clearly feels he will get away with it again this time. Arrogant, autocratic leaders tend to be like that. They think they can get away with anything.

Eventually, they get caught.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

iMuslims: Vibrant Internet atmosphere

GlobalView

You've seen their mugshots: A Nigerian charged with trying to blow up a plane on Christmas Day; five young American Muslims detained in Pakistan, apparently desperately seeking jihad.

I bet you haven't seen these mugshots: Iranian men in chadors and headscarves.

As part of the "Men in Headscarves" campaign, Iranian men have been posting pictures of themselves wearing the head and body coverings the Iranian regime imposes on women. Their pictures have spread on Facebook and YouTube in support of Iranian student activist Majid Tavakoli. Authorities arrested Tavakoli in December after he called for more democracy and urged students to reject "tyranny." The next day, government newspapers published pictures of Tavakoli dressed in a chador and claimed he had tried to escape arrest disguised as a woman.

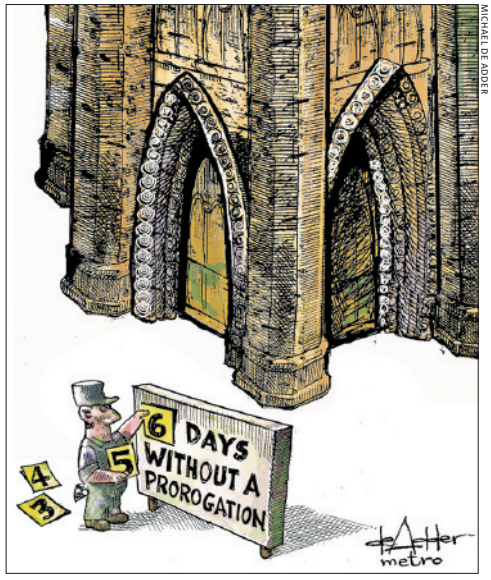
Yes, violent radical groups have used the Internet to their advantage. That is not new. But what is new is how young Muslims have been using the Internet to challenge authority. Their exciting work is overshadowed by news of angry, young Muslims online.

Pick up Gary Bunt's iMuslims: Rewiring the House of Islam and learn that for every online al-Qaida recruiter there are thousands more Muslims reforming Islam online. Interpretations and commentaries on the Qur'an fill the Internet and recreate the vibrant intellectual atmosphere that many Muslims lament we'd long ago lost.

I see that every day on Facebook where I have almost 5,000 friends. We argue over everything from polygamy and burqas, to being gay and Muslim. You rarely see such diverse opinions in news reports on Muslims.

The Internet deals a blow to radical groups by giving anyone online the chance to answer back. For every Umar Farouk Abdulmutallab, there are dozens of Iranian men taunting the regime that runs the Islamic Republic of Iran.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



MICHAEL DE ADDER

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Dubai opens world's tallest building
Dubai opened the world's tallest skyscraper yesterday, and in a surprise move renamed the gleaming glass-and-metal tower Burj Khalifa. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

In brief

SAVINGS A new Scotiabank study indicates investors, still skeptical about the slow economic recovery, are increasingly holding savings in relatively conservative registered plans. ScotiaMcLeod wealth adviser Andrew Pyle says investors are more optimistic about the economy than they were a year ago but remain uncertain about the direction the economy is going to take.
THE CANADIAN PRESS

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TD aims at low incomes

Pilot program seeks to undermine payday lenders

Toronto-Dominion Bank is using an innovative pilot program that specifically targets low-income earners as new clients — a financial intervention of sorts to prevent those folks from cashing their social assistance cheques at costly payday lenders.

Canada's second-largest bank has set up kiosks in some government offices in British Columbia to reach out to these vulnerable consumers and snag them as customers just as they receive their welfare cheques.

In some cases, civil servants are now simply referring clients to the closest TD branch. The bank initially embarked on the program — dubbed the Direct Deposit Initiative — to solve its own cheque-cashing headaches. But its experiment has yielded some pleasant surprises.

Executives found that once this previously unbanked clientele gained access to a standard bank account, the vast majority remained active and profitable customers. Some have even gotten into the habit of setting aside regular savings. "The problem has always been these clients don't typically have sufficient ID to get a bank account," said Jeff Gunn, who developed the program.
TORSTAR NEWS SERVICE

Helping hands

- Some of Canada's biggest banks are also encouraging their broader clientele to save: Toronto-Dominion Bank is launching phase two of its TD Helps program in early 2010. The program, originally designed to help customers facing financial hardship, is being expanded to assist other clients manage their day-to-day financial affairs.

Your Money

Rules of regifting

AlisonOnMoney

Alison Griffiths
metronews.ca/alisononmoney

We focus on the end of year holidays as the primary gift buying extravaganza, but when you examine the rest of the year what you buy for friends, family and colleagues likely far exceeds what you spend during the festive season. Think showers, weddings, Stag and Does, birthdays, anniversaries, graduations, baptisms, Bar and Bat Mitvahs, retirements, promotions.

Start the new year off by reforming your gift buying excesses with the help of the R mantra — Regift.

Here's one way to prevent all these events from digging too deeply into your wallet. Tag and bag. Take all your unwanteds and unneededs from the holiday season and assemble a regift pile. Forget anything not properly packaged, stuff that looks like it came from the dollar store and handmade items — no matter how nice, passing them off as crafted by you is plain bad Karma.

Nix most edibles with the exception of boxed items such as an artisan honey or jam set. Oh yes, and anything dated, like calendars, is history. Take careful note of who gave the regift prospect to you. Missing this step can be fatal. Follow this process and you will always have on hand an inventory of items that cost you nothing but will be appreciated by a recipient.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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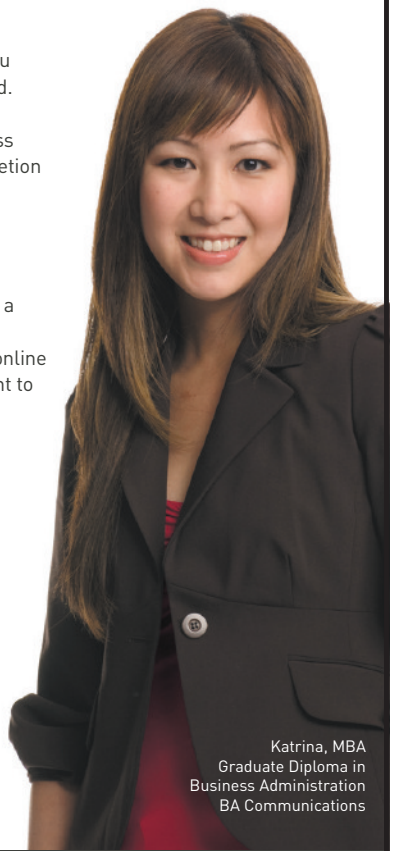

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Red Sox to sign Beltre
A person familiar with the negotiations says free-agent third baseman Adrian Beltre and the Boston Red Sox are close to agreeing on a one-year contract. THE ASSOCIATED PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

U.S. no easy foe

WORLD JUNIORS PREVIEW

United States vs. **Canada**

Canada's path to a record sixth straight gold medal goes through an American team that has already given them one scare at the world junior hockey championship.

Canada will face the United States in the final tonight (TSN, 8 p.m. ET), looking to settle any question of which country has the better team after pulling out a comeback 5-4 victory in a shootout over the Americans in round robin play Dec. 31.

"It's good for us because we feel we didn't play a very good game against them the first time," said Canadian forward Brandon McMillan. "We weren't ready to play and they took it to us.

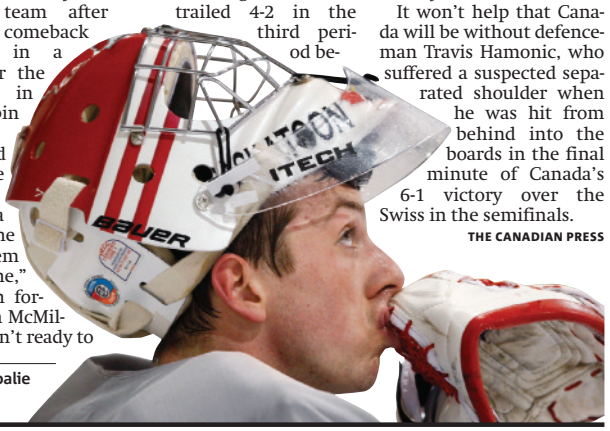
"We didn't play that Canada style of dumping pucks in and getting to work. If we play that game, we'll be fine."

The Credit Union Centre will no doubt be as solidly behind Canada as it tries to make history by winning a sixth straight gold, as they were on New Year's Eve when the Americans came within five minutes of an upset win over their hosts.

Outplayed by the U.S. for much of the game, Canada trailed 4-2 in the third period before managing to tie the game. Later in the shootout, Jordan Eberle, Nazem Kadri and Brandon Kozun all scored on Jack Campbell, while Jake Allen stopped American veteran Jordan Schroeder to secure the win.

"Everyone thought we played really poorly, and not a lot of people respect how well the States played," said Canadian coach Willie Desjardins. "They've got a real good hockey team."

It won't help that Canada will be without defenceman Travis Hamonic, who suffered a suspected separated shoulder when he was hit from behind into the boards in the final minute of Canada's 6-1 victory over the Swiss in the semifinals. THE CANADIAN PRESS



Team Canada goalie Jake Allen

Sports in brief

HENRIK SEDIN Vancouver Canucks centre Henrik Sedin, Phoenix Coyotes goaltender Ilya Bryzgalov and Chicago Blackhawks right-winger Patrick Kane are the NHL's Three Stars for the month of December. Sedin led all scorers last month with 25 points (five goals, 20 assists) in 15 games , helping the Canucks go 10-4-1.

BASEBALL Jason Bay's contract with the New York Mets includes a $17-million US option for 2014 with a $3-million buyout, a person familiar with the deal told The Associated Press. The Trail, B.C., native took a physical yesterday, a necessary step to finalize the deal, and the Mets scheduled a news conference today at Citi Field to introduce Bay. METRO NEWS SERVICES

Electronic Arts stands by Woods

SPONSOR Electronic Arts Inc. is standing behind Tiger Woods and plans to go ahead with the release this month of an online game featuring the embattled golf superstar.

Tiger Woods

EA Sports president Peter Moore said Woods is "still one of the greatest athletes in history" despite his missteps off the golf course.

He also cited the company's extensive work over the past year in developing the new game, Tiger Woods PGA Tour Online.

AT&T Inc. and Accenture have dropped their sponsorships of Woods, who is taking a break from the sport to focus on his marriage after his admitted infidelity.

EA wouldn't comment on whether plans for a new edition of the popular Tiger Woods PGA Tour console game would be affected. The franchise has raked in hundreds of millions of dollars. THE ASSOCIATED PRESS

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SCOREBOARD

NFL PLAYOFFS

WILD CARD ROUND

AFC

Byes: Indianapolis, San Diego

SATURDAY'S GAME

N.Y. Jets at Cincinnati, 1:30 p.m.

SUNDAY'S GAME

Baltimore at New England, 10 a.m.

NFC

Byes: New Orleans, Minnesota

SATURDAY'S GAME

Philadelphia at Dallas, 5 p.m.

SUNDAY'S GAME

Green Bay at Arizona, 1:40 p.m.

NHL

YESTERDAY'S RESULTS

N.Y. Rangers 3 Boston 2
Los Angeles 6 San Jose 2

TODAY'S GAMES

Boston at Ottawa
Florida at Toronto
Dallas at New Jersey
Montreal at Washington
Atlanta at Pittsburgh
Calgary at Nashville
Minnesota at Chicago
Phoenix at Edmonton
Columbus at VANCOUVER
Detroit at Anaheim

NBA

YESTERDAY'S RESULTS

Miami 92 Atlanta 75
New Orleans 91 Utah 87
Oklahoma City 98 Chicago 85
L.A. Clippers 105 Portland 95

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U.S. Olympic staff to be vaccinated

More than 100 employees of the U.S. Olympic Committee are getting swine flu vaccinations before they head to Vancouver for the Winter Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Golden opportunities

A look at five of Canada's top medal hopefuls

JED JACOBSOHN/GETTY IMAGES

Snowboarder Maëlle Ricker

JASPER JUINEN/GETTY IMAGES

Speedskater Christine Nesbitt

JONATHAN FERREY/GETTY IMAGES

Speedskater Charles Hamelin

JEFF MCINTOSH/THE CANADIAN PRESS

Hayley Wickenheiser, right, Jayna Hefford and Caroline Ouellette

With one month to go before the 2010 Winter Olympics, Metro looks at five of Canada's top gold medal hopefuls.

Canadian women's hockey team

In the three Olympic Games since women's hockey was introduced, the team has captured two golds and one silver. It will likely face off for the gold medal against the United States, which won the 2008 and 2009 world championships. Veteran forward Hayley Wickenheiser will vie for her fourth Olympic medal. "Hockey Canada has a goal to win three medals in Vancouver at the Olympics and Paralympics: Men's, women's and sledge hockey," said Johnny Misley, executive vice-president of hockey operations at Hockey Canada. "Anything else would be a disappointment to all Canadians."

Maëlle Ricker, snowboarder

Maëlle Ricker's Olympic dreams were nearly dashed by knee injuries, but even eight surgeries couldn't stop the Squamish native and North Vancouver resident from achieving 28 career podiums, including 13 victories, on the FIS World Cup Tour. She took fifth place at her first Olympics — the 1998 Nagano Games when she was 19 — and fourth in the 2006 Turin Games. In December, Ricker won gold at a World Cup stop in a snowboardcross event in Telluride, Colo.

Christine Nesbitt, speedskater

At the 2009 ISU Speedskating World Cup meet in December, Melbourne, Australia-born (and London, Ont.-raised) Christine Nesbitt won two gold medals in two days — the first in the 1,500-metre event and the second in the 1,000-metre event. In total, she has 13 World Cup gold medals, 22 silver medals and 11 bronze medals. With Kristina Groves and Cindy Klassen, Nesbitt took home a silver medal in team pursuit at the 2006 Winter Olympics in Turin.

Jasey-Jay Anderson, snowboarder

Jasey-Jay Anderson is Canada's most decorated snowboarder. The 34-year-old native of Val-Morin, Que., won four consecutive FIS Snowboard World Cup titles from 2000 to 2004 and is a four-time overall World Cup champion. On Dec. 17, Anderson took top spot in the parallel giant slalom at a World Cup snowboarding competition — his 25th career World Cup victory across all disciplines.

Charles Hamelin, speedskater

The 25-year-old native of Levis, Que., has earned a dozen world championship medals since 2005, a silver medal at the 2006 Turin Games in the 5,000-metre relay and five medals — including three gold — at this season's World Cup events. Hamelin will compete in the 500-, 1,000-, 1,500-metre events and the 5,000-metre relay at the 2010 Winter Olympics and is considered a medal threat in each one. Mylène Croteau, manager of communications for Speedskating Canada, believes Hamelin could be the first Canadian athlete to win gold since the 1,500-metre medal rounds will be held on the first day of the Games.

METRO VANCOUVER

To follow the progress of the Olympic torch, visit: metronews.ca

Snowboarder Jasey-Jay Anderson

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SPECIAL FOCUS ON:
New Year's Resolutions

Health & Beauty

Weighing your options

Losing those extra pounds can begin with looking at food differently

CELIA MILNE
for Metro Canada

Hope to lose weight this year? Get ready to think differently about food. "Any change we make to improve our weight needs to be a lifestyle change for good, not just a quick fix," says Dr. Janine Bowring, a Toronto doctor of naturopathic medicine.

Many of us blurt out on New Year's Eve that we are determined to diet and get in shape this year. Easier said than done.

"New Years resolutions to get in shape and lose weight rarely work for the long haul. Some people even gain more weight because they overeat in the holiday season knowing that Jan. 1, they are officially starting their weight loss," says Bowring, who is author of the book The Healthy Millionaire and formulator of VitaTree Nutritionals.

"Goals for weight loss should be set for the long run, not just for a diet."

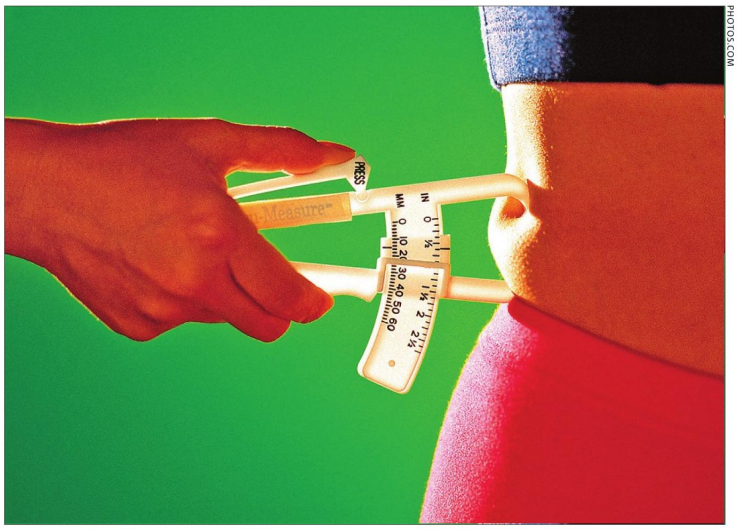
Three small achievable goals that Dr. Bowring suggests setting are:

- Eat smaller amounts regularly
- Do not skip meals
- Eat more slowly.

These can improve our digestion and decrease overeating, thus resulting in weight loss, she says.

Avoid labelling certain foods as "bad" as we tend to want more of what we can't have. "If we can focus our attention to eating well 80 per cent of the time, the other 20 per cent can be our indulgences, without the attributed guilt that leads to overeating," Bowring suggests.

Beware of emotional eating — try not to eat differently when stressed, angry or bored.



PHOTOS.COM

Weight loss goals should be for the long run, not a quick-fix solution.

"Skinny people tend to eat whatever they want, whenever they want. They don't feel bad about it and they also don't overeat because they feel emotionally satisfied," she says.

Bowring suggests New Year's detoxification to help you feel lighter on your feet.

- Squeeze a quarter lemon in warm water and drink first thing in the morning. This helps to get the digestive enzymes going.
- Add parsley to your salads and other dishes; it is good for the kidneys.
- Make sure you are getting enough fibre. Add psyllium to water or juice once a day on an empty stomach (1/4 tsp). Eat lots of whole grains and carrots.
- Do deep breathing exercises daily.
- Sweat it out. Regular exercise detoxifies the skin and helps you lose weight and then maintain weight.

Fitness is only half the battle when it comes to dropping pounds.

Don't quit trying to quit smoking

CELIA MILNE
for Metro Canada

SMOKES Did you resolve to quit smoking this year? It's tough to do, but it's a very powerful factor in improving health.

Smoking kills tens of thousands of Canadians a year. It is well known that smokers have a higher risk for lung cancer. But few people realize that smoking also raises your risk of heart disease.

Nicotine is addictive. When you inhale from a cigarette, nicotine enters your bloodstream instantly and triggers release of dopamine into the brain. The brain gets used to the stimulation, and then craves it. In order to quit, you have to be ready to deal with the cravings and the withdrawal symptoms. Here are some tips on quitting:

- Set a quit date.
- Declare that you are going to quit, by telling family, friends, and co-workers.
- Ask your doctor or pharmacist what product might help you.
- List the benefits of quitting, such as looking better and feeling better.
- Write down strategies for managing withdrawal.
- Practice how you will deal with cravings
- List your triggers

Health Tips in brief

HEART Meeting a friend for coffee? Why not go for a walk with her instead? You can receive health tips like this every week from the Heart & Stroke Foundation. The idea is to reduce women's risk of heart disease and raise awareness that heart disease isn't just a problem among men. In some women, risk can be reduced by 80 per cent just by adopting a healthy lifestyle, according to the foundation. Tips are delivered via text message, email or RSS. Sign up for Heartbeats at theheartttruth.ca/heartbeats/ before Mar. 2 and you could win tickets to LG Fashion Week in Toronto. CELINE MILNE/ FOR METRO CANADA

The J Spot

Josey Vogels

Josey Vogels column on dating habits for the next decade can be found at metronews.ca/thejspot

On the web

Booty Camp:

- Are you looking to loose weight without loosening the purse strings? Check out some frugal fitness tips and how to stay motivated at: metronews.ca/toronto/life

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Filter while you sip

Fans of Brita-type filters can now tote the President's Choice Personal Water Filter Bottle ($9.99). It holds about three cups of water and filters out significant amounts of lead and chlorine as you tilt and sip. TORSTAR NEWS SERVICES

Food

A versatile condiment

With its sweet-and-sour, fruity and spicy flavours, chutney can turn ordinary meals into culinary wows. Beau MacMillan, chef and co-host of the Food Network's upcoming reality show Worst Cooks, offers these tips: 1) Use sweet chutney atop something rich, like lamb. 2) Serve it as a dip with tempura shrimp. 3) Use a red pepper and green onion chutney to flavour a ham sandwich on cheddar biscuits. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

My predictions

Well, here we are again folks: Another new year and another new decade. I can't think of a better way to celebrate than making a few wine predictions aimed at the next 12 months.

My crystal ball says that the popularity of Argentina will continue this year. The red malbec grape will still reign supreme, but I expect torrontés (a spicy white grown in the country's northern vineyards) to rock your world. Viognier (another pepper white grape) will also get its well-deserved due with wines like Chile's **Cono Sur 2008 Viognier** ($9.95 - $11.99) offering fresh, floral aromas and soft, leachy-like flavours that work great with food.

Over to red, shiraz (yes, shiraz) will make waves with its international personality thanks to great new wines from Argentina, Chile, Canada, France and South Africa loosening Australia's grip on the grape.

Though there aren't too many undiscovered countries left to, well, discover; Portugal will rule 2010 with non-fortified wines such as **José Maria da Fonseca's 2006 Periquita** ($7.95 - $11.49). Cheap and layered with savoury wild berry fruit, it's a grill-friendly red that only hints at the variety of wines the Portuguese have to offer.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

'Green' your meal

With the decadent holiday season of eating behind us, you're probably looking to eat lighter and healthier.

Instead of pulling out the salads, try working some warm greens into your meals. For other healthy options to help you get your New Year's resolutions started, try our Healthy Choice guide at 20minute-supperclub.com

This week's meal combines steamed spinach with warm pineapple sauce and chicken to create a delicious sweet and tangy dinner that is perfect for serving to your family casually or can easily be dressed up for guests. Similar to an applesauce, the pineapple sauce gets some depth with the addition of jalapeno pepper. The flavours work well with simple broiled chicken and would also be great served with pork. If fresh pineapple is unavailable, drained canned pineapple can be used instead.

To end the meal on a sweet note without the heaviness, try our "Blondie" or Butterscotch bars. Made with walnut and coconut, these heavenly bars are a perfect nutty flavour to finish the night on.

- CHRISTY PENGILLY

Butterscotch Bars.

PHOTOS BY CARLO MENDOZA

Chicken with Warm Pineapple Sauce and Steamed Greens.

Chicken with Warm Pineapple Sauce and Steamed Greens

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp honey
- 1 Tbsp plus 1 tsp fresh limejuice
- 1 Tbsp reduced sodium soy sauce
- 1 tsp olive oil
- 4 (4oz) chicken breasts
- 1 1/2 cup diced fresh pineapple
- 1 tsp finely chopped jalapeno pepper
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 lb spinach, about 2 bunches
- 1 tsp fresh lemon juice
- 1 tsp unsalted butter, optional

METHOD:

1. Preheat broiler to high. Line a broiler pan or rimmed sheet pan with tinfoil and set aside.

2. In a small bowl, combine 1-tablespoon honey, 1-teaspoon limejuice, 1-teaspoon soy sauce and olive oil together and mix well. Transfer chicken to prepared pan, season with salt and pepper and brush each breast with honey mixture. Broil chicken until cooked through and golden brown on top, about 10 to 12 minutes

3. Meanwhile, in a blender, combine pineapple, 2-tablespoons honey, 1-tablespoon limejuice, 2-teaspoons soy sauce, jalapeno pepper and salt together. Puree until frothy and smooth. Pour pineapple mixture into a nonstick pan and set over medium-high heat. Cook pineapple mixture, stirring occasionally, until sauce caramelizes and thickens, about 5 minutes. Remove from heat and set aside.

4. Meanwhile, set a steamer basket over a pot of boiling water. Add spinach, cover and cook until wilted and tender, about 3 minutes. Remove from steamer basket; add lemon juice and season with salt and pepper. Add butter, if desired. Serve chicken with steamed spinach and warm pineapple sauce as a garnish.

Butterscotch Bars

MAKES 24-48 BARS
PREP TIME: 15 MINUTES
COOKING TIME: 30 MINUTES
RECIPE DEVELOPER: CLAIRE STUBBS

INGREDIENTS:

- 1 cup unsalted butter
- 4 cup brown sugar
- 4 eggs
- 4 Tbsp vanilla extract
- 2 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 cup chopped walnuts
- 1 cup unsweetened, shredded coconut

METHOD:

1. Preheat oven to 375°F. Line an 11- x 17-inch sheet pan with parchment paper. Tip: Put a dab of butter in each corner of pan to stick paper down and keep it in place.

2. In an electric mixer, cream butter and sugar together. Add in eggs one by one and then vanilla.

3. Sift together dry ingredients and add to butter mixture, mixing until just combined. Mix in nuts and coconut.

4. Spread batter out in pan as evenly as possible. Bake for 15 minutes, rotate 180 degrees and continue baking for another 15 minutes. Do not over bake.

5. Cool in pan and then cut into bars or squares.

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McConaughey welcomes new daughter
Matthew McConaughey is a daddy again. McConaughey and girlfriend Camila Alves welcomed a baby girl Sunday , the 40-year-old actor wrote on his website. Vida Alves McConaughey weighed in at seven pounds, six ounces. TVGUIDE.COM

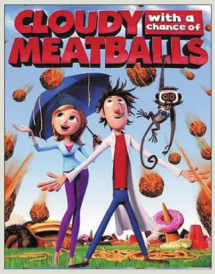
Entertainment

Light of Day

Michael Jackson fans have a reason to celebrate. An unreleased track, called Another Day, has popped up on the Internet. The track appears to be a duet with Lenny Kravitz. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



Cloudy With a Chance of Meatballs

Directors: Phil Lord, Christopher Miller

DO YOU WANT fries with that? Do you mind if they fall out of the sky?

That's the premise of this tasty animation about a nerdy scientist who discovers a way to turn raindrops into food.

It's based on a 1978 children's book by the same title, but co-writers and co-directors Philip Lord and Chris Miller have expanded the story and made it more like a parody of a disaster movie. Tired of living on the sardines that are the sole food of his island home, Flint Lockwood (Bill Hader) designs a device that drops an all-you-can-eat buffet from the sky.

It's a dream come true for his hungry fellow inhabitants and also for ambitious TV weathergirl Sam Sparks (Ana Faris) — until the day comes when some pasta makes them all run fasta.

There are equal servings of fun and fright in this clever comedy, which comes with side-dish sermons about the sin of greed and the wisdom of accepting yourself as you are. The supporting voice cast is quite the smorgasbord of delights, including James Caan, Mr. T., Bruce Campbell, Andy Samberg and Neil Patrick Harris.

Peter Howell/for Metro Canada

Kenya's Style
Kenya Hunt
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For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Family business

Father-son detectives team for Republic of Doyle

IAN JOHNSTON
for Metro Canada

The new CBC mystery/drama Republic of Doyle does make you wonder — are there really private investigators in Newfoundland?

"You know, it's funny, but yeah, there are. In doing the research, we ran into a couple of guys," says series creator Allan Hawco, who also stars as Jake Doyle, the younger half of a family-run P.I. firm operating out of St. John's, N.L.

"And even a father and son team working, which we never expected, but there it was."

Not that Newfoundland P.I.s get into as much trouble as the older and younger Doyle. In the series, Jake and father Malachy (Sean McGinley) are always finding themselves on the wrong side of the bad guys, the cops, women, their extended family, and the law.

Republic of Doyle premieres tomorrow on CBC

"We wanted to keep with what PIs here usually do — like serving papers or car repos. That's their bread and butter. And it's the same on the show. But when they do that stuff on the show, it tends to get them involved with bigger things."

Bigger things being murder. Or drugs. Or arson. Or a particular persistent graffiti artist.

Newfoundland native Hawco — whose credits include TV's ZOS and H2O – says he didn't base the show on any specific old detective series.

Still, Republic of Doyle does reference '70s TV gumshoes like Banacek and the father-and-son team on The Rockford Files.

"I watched them all growing up. But with Republic of Doyle, we tried to keep it modern, keep it real," says Hawco, who wrapped filming on the first season on Dec. 22.

"Though we wanted to keep in that sense of Newfoundland humour, we take the subject serious. It can be funny, but it's not a joke."

If anything, Republic of Doyle provides a great showcase for St. John's itself, which figures prominently in the series.

"It's certainly a major character in the show," he says. "And though it was the first one-hour drama ever done in Newfoundland, the community was nothing but supportive."

Allan Hawco plays private investigator Jake Doyle on the new CBC mystery/drama series Republic of Doyle.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/5/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Ron James: Manitoba Bound		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Blades of Glory ★★★ (2007) Will Ferrell, Jon Heder. (CC)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Ignition" (N) (CC)		NCIS: Los Angeles "Breach"		The Good Wife "Infamy" (N)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Air Force One ★★★ (1997) Harrison Ford. Terrorists hijack the president's plane. (CC)						A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser Strenuous bike challenge. (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "The Porn King" (CC)		Melrose Place "Vine" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Ignition" (N) (CC)		NCIS: Los Angeles "Breach"		The Good Wife "Infamy" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Strenuous bike challenge. (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Bullard Family"		Dine With Me	Good Naked	How to Look Good Naked		How to Look Good Naked		Look Good
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Scrubs (N)	Better Off Ted	Scrubs (N)	Better Off Ted	the forgotten "Double Doe"		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Pump Up the Volume ★★★ (1990, Drama) Christian Slater.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova (N) (CC)		This Emotional Life Anger, fear, anxiety and despair. (N)				Victor Borge
	290	382	28 FOX	College Football: FedEx Orange Bowl				Postgame	Family Guy	Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	(6:00) This Emotional Life (N)		Evening With Stephen		Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "The Porn King" (CC)		Melrose Place "Vine" (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	28 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Columbus Blue Jackets at Vancouver Canucks. (Live)					Sportsnet	Sportsnet Connected		Sportsnet
	400	400	30 TSN	Hockey	SportsCentre (Live) (CC)			NHL Charity Poker Shootout		NHL Charity Poker Shootout		SportsCentre
	411	457	43 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly "iNevel"	Fries That?	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	100 Years-BC Court-Appeal		What the Ancients Did for Us		Etre et Avoir ★★★ (2002) Alizé, Axel. Premiere. (CC)				Forgetful Not
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	disBAND	Love Court	MuchOnDemand (CC)		Pimp My Ride	My Own	disBAND	Video on Trial	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House
	615	520	31 A&E	Paranormal	Paranormal	Celebrity Ghost Stories (CC)		(:01) Criminal Minds (CC)		Psychic Kids: Paranormal		Paranormal
	628	584	32 SPKE	MANswers	MANswers	MANswers	MANswers	DEA "Deep Cover"		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	33 TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple	Little Couple	Little Couple
	616	522	39 SHO	Relic Hunter (CC)		Maternal Obsession (2008, Suspense) Nicholle Tom. (CC)				Drop Dead Diva "Pilot" (CC)		NCIS "Kill Ari"
	620	523	40 BVO	(6:00) Jessye Norman (CC)		Law & Order "Family Values"		Without a Trace "Chameleon"		Jessye Norman Jessye Norman's life. (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives of Jersey		Real Housewives OC		Runway
	520	505	42 DIS	License to Drill		Daily Planet (CC)		Destroyed	Destroyed	License to Drill		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe (CC)		Stargate SG-1 "Crystal Skull"		Star Trek: Next Gener.		Lost "Because You Left"		Medium (CC)
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Seinfeld	Seinfeld	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink (CC)		Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	The F Word (CC)		Good Eats
	-	-	53 AMC	Pitch Black	The Devil's Brigade ★★ (1968, War) William Holden, Cliff Robertson, Vince Edwards.						Pitch Black ★★ (2000)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60 CEN	(6:00) Get Smart ★★ (2008)		Just Buried (2007) Rose Byrne. (CC)			(:45) No Country for Old Men ★★★ (2007) Josh Brolin (CC)			
	581	566	101 MTV	Teen Mom (CC)		MTV Live	After	The Real World "D.C." (CC)		Teen Mom (CC)		MTV Live
	261	394	102 V	Unscripted	Benmergui-Isr	Poltergeist: The Legacy		Bound for Glory ★★★ (1976, Biography) David Carradine, Ronny Cox.				
	-	-	109 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife
Alicia (Julianna Margulies) gets more information and a new perspective about Peter's (Chris Noth) fall from grace when she represents Marie Browning (guest star Jessica Hecht), the wife of State's Attorney Glenn Childs (guest star Titus Welliver), in their divorce. Will (Josh Charles) gets cozy with his opposing counsel during a wrongful death suit against a TV commentator (guest star Craig Bierko) in the new episode "Infamy." 10 PM on CBS GTV

The Biggest Loser
As season nine begins, 22 contestants — 11 pairs of family members — equate to the heaviest cast in show history. Among them: Michael, who weighs 526 pounds, and his mother, Maria; and identical twins James and John, who together weigh nearly half a ton. The teams must face a strenuous bike challenge on their very first day, along with a startling announcement from host Alison Sweeney. 8 PM on NBC CITY

Man, I'd take out a full page ad

Though they're not openly acknowledging their reported romance, Chris Pine and actress Olivia Munn definitely looked "on" at The Woods in Los Angeles. The casually dressed couple held court in the back of the dimly-lit bar, people.com reports. METRO NEWS SERVICES

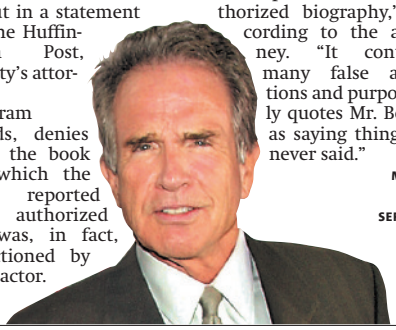
Celebrity Buzz

Beatty denies Lothario label

MEANWHILE, ON *JERSEY SHORE*, THERE HAVE BEEN REPORTS OF IMPROMPTU BEATTY SHRINES Warren Beatty's legendary gold crown for womanizing is about to get some added polish, with this week's publication of Star: How Warren Beatty Seduced America — though the 72-year-old star has already issued a statement though his attorney to refute the book's claims, people.com reports.

"Using simple arithmetic," author Peter Biskind calculates, according to New York Post, Beatty bedded "12,775 women, give or take, a figure that does not include daytime quickies, drive-bys, casual gropings, stolen kisses and so on."

But in a statement to the Huffington Post, Beatty's attorney, Bertram Fields, denies that the book — which the Post reported was authorized — was, in fact, sanctioned by the actor.



"Mr. Biskind's tedious and boring book on Mr. Beatty was not authorized by Mr. Beatty and should not be published as an authorized biography," according to the attorney. "It contains many false assertions and purportedly quotes Mr. Beatty as saying things he never said."

METRO NEWS SERVICES

Kate cites 'overindulgence' as reason for missed flight

HER 7-YEAR OLD DAUGHTER NOW OFFICIALLY MORE MATURE Kate Moss paid quite the price for missing a flight the day after Christmas. She and three friends reportedly lost $32,000 US worth of plane tickets to Thailand because she'd overindulged the day before on "turkey and all the trimmings, booze and Christmas pud," a source tells the Daily Mirror.

Fortunately, Moss and company were apparently able to rebook, as the supermodel was spotted just before New Year's with her boyfriend on a Thai beach.

METRO WORLD NEWS

Nordegren's $300M Christmas

I JUST STOPPED FEELING SORRY FOR HER Elin Nordegren is reportedly enjoying at least one part of her separation from husband Tiger Woods. When asked what Woods got her for Christmas, Nordegren reportedly said, "Three hundred million dollars, thank you very much," according to News of the World.

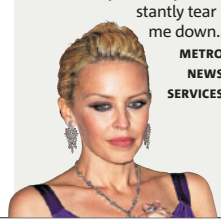
Sources say it shows she's not interested in reconciling with the golf pro. "She's 100 percent determined to split with Tiger," a source tells the newspaper.

METRO WORLD NEWS

Celebrity tweets

Rivers Cuomo is arguing semantics, Kylie Minogue has big plans for 2010, and Lindsay Lohan is resolute.

- @riverscuomo The expression "gays and lesbians" doesn't make sense because lesbians are gay.
- @kylieminogue Some of my NY resolutions are .. to live with full emotion, to follow my heart, to love love love, to be healthy, positive and creative.... AND make my 11th studio album one you will all *l*o*v*e*!!!!!
- @lindsaylohan To answer everybody's question...My new years resolution is to stop letting the lucky few that have my heart try2constantly tear me down.



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Punta Cana	from $248 + taxes & fees $310
London	from $249 + taxes & fees $465
Jamaica	from $398 + taxes & fees $265
Honolulu	from $428 + taxes & fees $102
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Mayan Riviera 7 Nights 4-Star	from $897 + taxes & fees $264

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Today Showers 40% 7° / 0°
Wednesday Cloudy 4° / 0°
Thursday Mainly sunny 4° / 0°

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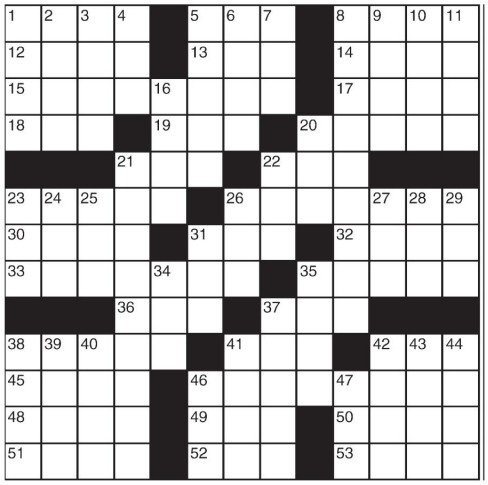
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1			5		
6		3		7			1	
5			6			2		
		2		4	6			5
	4						6	
3			9	5		8		
		6			3			9
	1			6		4		2
		8			9			

ACROSS

1 Anthropologist Margaret
5 Gullible one
8 Doorframe piece
12 Killer whale
13 Sine — non
14 "Birthplace of Aviation"
15 England's Uncle Sam
17 "— Free"
18 Sugar suffix
19 Disencumber
20 Vessel in icy waters
21 Poke
22 Snapshot
23 Noble title
26 Black leopard
30 Baldwin or Guinness
31 Enjoyment
32 "The Music Man" setting
33 Mr. Pike of peak fame
35 Clan emblem
36 Bagel topping
37 Coffee break hour
38 Summarize
41 "Indeed"
42 Adversary
45 Smell
46 Riding breeches
48 Pickle flavor
49 Toss in
50 Break suddenly
51 Remain
52 Festive
53 One way to stand by

DOWN

1 Voodoo charm
2 Cupid's alias
3 Rue the run
4 Newsman Rather
5 Filler news item
6 "— Lang Syne"
7 Chum
8 Form of protest at work
9 "Hey, swabbie!"
10 Actress Sorvino
11 Hit on the noggin
16 Cereal choice
20 Family
21 In a playful way
22 Skillet
23 Movie director Luhrmann
24 Hearty brew
25 Confederate soldier
26 Play on words
27 Spicy
28 One of a lamb's parents ...
29 .. .and the other
31 "Family Guy" network
34 Prune
35 New Age musicmaker John
37 Cohort of George, Tom and Abe
38 Scepters
39 Tend texts
40 Pop flavor
41 Luke's mentor
42 Treasury
43 Exam format
44 Catch sight of
46 Binge
47 Omega preceder

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	1	3	5	6	9	4	7	8
4	6	5	3	7	8	1	9	2
9	7	8	1	2	4	5	3	6
5	4	6	7	9	1	8	2	3
1	8	9	4	3	2	7	6	5
7	3	2	8	5	6	9	4	1
3	9	7	2	8	5	6	1	4
8	2	4	6	1	7	3	5	9
6	5	1	9	4	3	2	8	7

On the web

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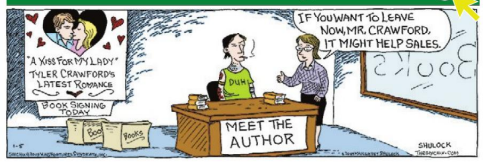
"A KISS FOR MY LADY" TYLER CRAWFORD'S LATEST ROMANCE
BOOK SIGNING TODAY
IF YOU WANT TO LEAVE NOW, MR. CRAWFORD, IT MIGHT HELP SALES.
MEET THE AUTHOR
SHERLOCK

Metro Recipe of the Day

Family Shepherd's Pie

INGREDIENTS:

1 lb (500 g) lean ground beef
1 onion, finely chopped
1 large carrot, peeled and grated
1 celery stick, finely chopped
1 tbsp (15 ml) tomato paste
1 tsp (5 ml) Worcestershire sauce
1 tsp (5 ml) mixed herbs
11/3 cups (325 ml) hot beef stock
1 tbsp (15 ml) all-purpose flour
2 lb (1 kg) potatoes, peeled and cut into chunks
63/4 tbsp (100 ml) 1% milk, warmed
2 tbsp (25 ml) butter

METHOD:

1. Heat large, heavy-based pot until hot, then add ground beef and vegetables; fry, stirring occasionally to break up lumps, until lightly browned all over.

Meanwhile, stir tomato paste, Worcestershire sauce and mixed herbs into stock. Sprinkle flour over beef and vegetables.
2. Stir stock into ground meat. Bring to boil, then reduce heat, cover and cook gently 15 minutes. Season to taste.
3. Meanwhile, cook potatoes in boiling water until tender. Drain then mash with warmed milk and butter. Season. Preheat broiler to medium.
4. Spoon meat mixture into large, warm ovenproof dish. Spread mashed potatoes over top and fluff with fork. Put under broiler to brown lightly and crisp top.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Your mind is a powerful tool and if you think only positive thoughts today something remarkable is sure to happen.

TAURUS ♉
APRIL 21-MAY 21
Someone from a different background or with a different outlook on life will make a big impression on you today.

GEMINI ♊
MAY 22-JUNE 21
Other people will respond well to you today, so well in fact that you may be tempted to ask for something you would not expect to get at any other time.

CANCER ♋
JUNE 22-JULY 22
You will have to deal with a relationship issue today, but as Mercury and Venus join forces in your opposite sign the omens are good that you can work it out.

LEO ♌
JULY 23-AUG 23
Don't let other people's criticism get you down. The only reason they are having a go at you is because they envy your abilities.

VIRGO ♍
AUG 24-SEPT 22
There is good in everybody, no matter how disagreeable some people may seem when you first meet them. What happens today will convince you of that.

LIBRA ♎
SEPT 23-OCT 23
There is no point signing up for something you are unlikely to enjoy, so be brave and say No when asked to get involved in an activity you have no interest in.

SCORPIO ♏
OCT 24-NOV 22
Today's Venus-Mercury link means you can charm the birds from the trees. Even rivals and enemies will be well disposed to you over the next 24 hours,

SAGITTARIUS ♐
NOV 23-DEC 21
You don't lack for courage and confidence but if you are going to be successful in your endeavors you need a third ingredient: common sense.

CAPRICORN ♑
DEC 22-JAN 20
It does not matter how busy you may be at the moment, you must find time to have fun. Your sign urges you to get out into the world.

AQUARIUS ♒
JAN 21-FEB 18
There is someone you want to get close to, maybe for romantic reasons or maybe because you believe they can help with your ambitions.

PISCES ♓
FEB 19-MARCH 20
Try to keep your aims within reason, because if you allow a flight of fancy to carry you away it could be a considerable blow to your ego.

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This day in history

1914: The Ford Motor Company announces an eight-hour workday and a minimum wage of $5 for a day's labor.
1976: Cambodia is renamed Democratic Kampuchea by the Khmer Rouge.
1993: Washington state executes Westley Allan Dodd by hanging (the last legal hanging in America).
1996: Hamas operative Yahya Ayyash is killed by an Israeli-planted booby-trapped cell phone.
2005: Eris, the largest known dwarf planet in the solar system, is discovered by the team of Michael E. Brown, Chad Trujillo, and David L. Rabinowitz using images originally taken on Oct. 21, 2003, at the Palomar Observatory.

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Maui, Hawaii
Maui Coast • 3★
Deluxe rm.
Feb. 8 • 1 wk.
$949
+Taxes & other fees (including service charges): $132

Ixtapa / Zihuatanejo
Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Feb. 6 • 1 wk.
$1499
+Taxes & other fees (including service charges): $266

Honolulu, Hawaii
The Equus an Aqua Boutique Hotel • 3★
Continental breakfast • Savvy saver – Polo city view rm.
Feb. 8 • 1 wk.
$739
+Taxes & other fees (including service charges): $132

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 24 & 31 • 1 wk.
$999
+Taxes & other fees (including service charges): $264

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Jan. 15, 22 & 29 • 1 wk.
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$1149
+Taxes & other fees (including service charges): $271

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Barkston Gardens • 3 1/2★
Breakfast • Standard rm.
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+Taxes & other fees (including service charges): $470

DEAL on CRUISES

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Deluxe rm.
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$1429
+Taxes & other fees (including service charges): $274

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